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Anger at France Bastille Day parade



PARIS, France -- France has staged its traditional Bastille Day parade amid criticism from human rights groups at the invitation of some African leaders.

Soldiers from 13 African nations marched through Paris yesterday to mark 50 years of independence from French colonial rule.

Protesters denounced France's ties to its former colonies in a demonstration on the eve of the parade, condemning some of the African leaders invited to the ceremony of committing atrocities.

"We are scandalised by the presence on the official stand, among the heads of state invited by French President Nicolas Sarkozy, of dictators who fire on their own people," Odile Tobner of Survie, one of the groups leading the protest, said.

Rights groups were angered by the presence of countries such as Niger, where a military government took power in a coup five months ago and where French nuclear firm Areva has lucrative uranium mining

contracts.

But Sarkozy insisted the parade was not about colonial "nostalgia" during an address to the African leaders on Tuesday.

"I know very well the notion of privileged and special relations, this flood of suspicions and fantasies, but the time has come to face up to it together, without inhibitions and without looking back," he said.

Herve Morin, the defence minister, also dismissed the criticism, saying there was "no indication" that there were war criminals among Sarkozy's guests.

About 12 African heads of state attended the parade along with Sarkozy and his wife, Carla Bruni.

The parade saw fighter jets fly over the city, followed by African troops marching down the Champs Elysees avenue, headed by an all-female unit from Benin. They were followed by French troops, firemen, police, armoured vehicles and marching bands.

The heads of state from Benin, Burkina Faso, Came-

roon, Central African Republic, Congo, Gabon, Mali, Mauritania, Niger, Senegal, Chad and Togo sat watching from the official stand.

Ivory Coast was represented by a government minister but did not take part in the march. Forces from Madagascar also joined the parade.

Benin President Boni Yayi welcomed France's decision Tuesday to award African veterans who fought for France the same pension as their French comrades.

"It is fortunate that France has finally remembered our veterans, because at the time, during the wars, bullets did not distinguish between white skin and black skin," he said yesterday.

Bastille day is an annual French holiday that marks the storming of the Bastille prison on July 14, 1789, signalling the start of the French Revolution.

Stormy weather caused Bastille Day fireworks displays to be cancelled in the eastern city of Dijon and central Clermont-Ferrand

Dick Cheney has heart device implanted

WASHINGTON (AFP) -- Former US vice president Dick Cheney had a new heart device implanted when he was operated on last week, he said in a statement yesterday.

Doctors implanted a pump that improves heart function in the 69-year-old Cheney at a hospital in Fairfax, Virginia, in the Washington suburbs.

The statement said the operation took place last week, without giving a date. Cheney was hospitalized in late June.

"The operation went very



Dick Cheney

well and I am now recuperating," he said.

BP proceeds with crucial test on leaking Gulf oil well

The federal government gave BP the green light yesterday to try choking off the Gulf of Mexico oil gusher with an untested metal cap after a daylong delay to satisfy worries about whether the project might make the leak worse.

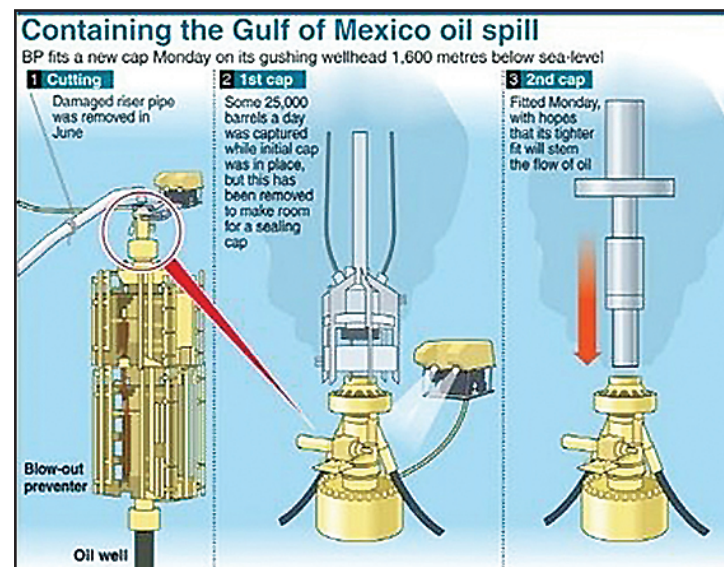
Retired Admiral Thad Allen, who is overseeing the U.S. effort to deal with the disaster, said the decision was taken after a day of intense deliberation that reached the level of President Barack Obama and his cabinet.

The British energy giant

said earlier yesterday it was worried testing a new cap might further damage the deep-sea well and make containing the oil even more difficult and had not yet decided whether to proceed.

In Washington, the White House said that after discussions between BP and senior government officials it had been decided that "the test should now proceed with several modifications and safety requirements."

The tests will take between six and 48 hours.



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UN appeals for \$9.5 billion in relief aid

UNITED NATIONS (AFP) — Outgoing UN humanitarian chief John Holmes said yesterday a total of 9.5 billion dollars in aid was needed for this year to assist 53 million needy people in 34 countries.

Last November, UN officials initially appealed for 7.1 billion dollars for 2010, but that figure has now ballooned to 9.5 billion due to new crises, including Haiti's devastating earthquake in January and worsening food emergencies in Africa's Sahel region and in the Central African Republic.

Holmes' UN office for the Coordination of Humanitarian Affairs (OCHA) said roughly 48 percent of the appeals were now funded, leaving a shortfall of 4.9 billion dollars.

"Maintaining humanitarian aid budgets this year in the face of recession and pressure on budgets has been a real achievement by many donors," Holmes said.

"I urge them to keep up this effort to ensure that people struck by disaster or conflict receive the help they desperately need for the rest of the year," he added.

Holmes, a Briton, is to step down as OCHA head at the end of August and will be replaced by Valerie Amos, currently the British High Commissioner to Australia.

In Haiti, some 250,000 people were killed and 1.5 million left homeless in the January 12 earthquake, which ravaged much of the capital Port-au-Prince.

An international conference in New York in March pledged more than 10 billion dollars over five years for Haiti's reconstruction, but only a fraction of the promised aid has materialized.

The UN appeal for Haiti remains at around 1.5 billion dollars for the year, with 64 percent of the amount met so far, according to OCHA.

In the Sahel, UN officials point out that food insecurity and malnutrition are increasing because of drought and crop failure, particularly in Niger and western Chad.

In Niger, acute malnutrition among children is now well above emergency levels, with the number of people in severe need of food almost doubled compared to the number originally planned.

In Chad, the number of people in urgent need of help has more than doubled.

In the Central African Republic, also, where the appeal has received only 35 percent of requirements so far, the amount of funding needed has increased by 28 percent due to the worsening humanitarian situation.

"Halfway through 2010, it is clear that global humanitarian needs are increasing," said Samuel Worthington, head of InterAction, a coalition of more than 160 US-based international humanitarian groups working on disaster relief, refugee-assistance, and sustainable development programs worldwide.

"We must maintain our focus on adequate funding support, particularly for the most underfunded crises, for those common services which support the entire humanitarian community including safety, security and coordination and for efforts such as monitoring and evaluation," he added.

EU tells Iran ready to resume nuclear talks

BRUSSELS, Belgium (AFP) — Stalled nuclear talks on Iran could resume this autumn after both the European Union and Iran said they were ready to go back to the negotiation table, officials said Wednesday.

The EU's chief diplomat Catherine Ashton said yesterday she was ready to pick a time and place to revive negotiations, her office said. Iran's Foreign Minister Manouchehr Mottaki said yesterday that talks could begin in September.

The breakthrough came after Ashton wrote to Iran's chief nuclear negotiator, Saeed Jalili.

Libya ship takes Gaza aid to Egypt after Israel warning

EL-ARISH, Egypt (AFP) — A Libyan ship, initially bent on breaking Israel's Gaza blockade, docked in Egypt yesterday after agreeing to deliver its cargo of aid through Egyptian territory, an AFP correspondent reported.

The news ended fears of a new confrontation between activists and the Israeli navy, which had threatened to use force if the ship did not either turn back or head for Egypt.

The Libyan charity which chartered the vessel, the Kadafi Foundation, said it had obtained guarantees from Cairo and from a "European mediator" that Israel would allow the ship's cargo of 2,000 tons of food and medicine into Gaza.

Libya has also received the

green light to "spend 50 million dollars towards housing construction in the Gaza Strip by winter," the charity's executive director, Yusef Sawan, said, adding that the foundation would also provide 500 prefabricated houses.

Earlier, Foreign Minister Ahmed Abul Gheit said Cairo had received a request for the Amalthea to get its cargo of aid to Gaza through Egyptian territory.

"As soon as the ship arrives in El-Arish, Egyptian authorities will unload its cargo and hand the aid to the Egyptian Red Crescent, which will deliver it to the Palestinian side," he said.

Port officials said they expected the Amalthea to be unloaded tomorrow.

Experts urge US to restrict drug Avandia

WASHINGTON (AFP) — A majority of members of a key advisory committee recommended yesterday that the US government allow the diabetes drug Avandia to stay on the market with greater restrictions on its sale.

After deciding it increases the risk of heart problems, 12 members of the 33-member expert panel voted to remove the blockbuster drug from the market.

However, 20 members voted that it should stay on the market, with 17 urging

greater restrictions such as revisions to the label, special warnings to at-risk patients or requirements for additional physician and patient education. One expert abstained from the vote.

New data on Avandia's risks, and pressure from public safety advocates, have prompted the agency to re-examine the drug's safety.

The diabetes pill has been used by millions of patients and racked up billions in sales in more than a decade on the market.

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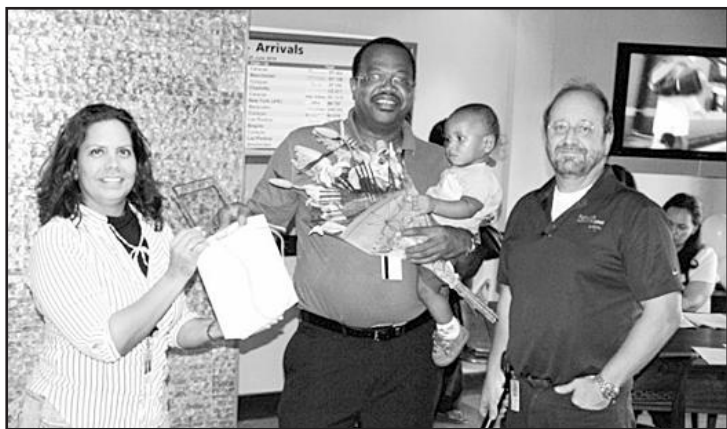
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AAA N.V. pays homage to 4 employees, celebrating a combined 100 years of service



Pedro Gomes



Lee Thomson



Mario Kaersenhout

Recently, the Aruba Airport Authority N.V. (AAA) celebrated jointly 100 years of service of four exemplary employees.

Mario Kaersenhout celebrated 10 years, Lee Thomson, 20 years, while Evelyn Erasmus and Pedro Gomez both celebrated 23 years of service.

During a ceremony on their

behalf, colleagues, management, family and friends got together in the VIP room to celebrate this important event.

AAA Managing Director Mr. Peter Steinmetz expressed words of gratitude and congratulated the jubilees for their many years of work, dedication and cooperation to the company.

Tiara Air announces more flights between the ABC Islands and Venezuela

WAYACA -- Recently, Tiara Air announces an increase in its flights with new accommodating times from Bonaire which will benefit the island as a tourism destination.

With this new schedule Tiara Air offers its clients and travel agencies more flexible hours and frequent departures between the ABC islands (Aruba, Curaçao and Bonaire) and Punto Fijo, Venezuela.

Travelers from the U.S.

can now benefit from the connection with Tiara Air in Aruba by travelling from the US to Aruba with many International and US Carriers such as Air Tran, Arke Fly, American Airlines, Aserca, Avianca, Continental, Copa Airlines, Delta Airlines, Dutch Antilles Express, Insel Air, JetBlue, KLM, Martinair, Spirit Airlines, Surinam Airways, United Airlines, US Airways and Venezolana.

Also the Venezuelan travelers/tourists will have the opportunity to travel from Punto Fijo Venezuela to Aruba and connect to Bonaire.

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For reservation and information readers may call Tiara's ticket offices or visit their website: www.tiara-air.com.

Pesticide threat looms over the French Antilles

France is once again embroiled in a health and safety scandal. For 20 years, from 1973 to 1993, the insecticide chlordecone (Kepone) was used in Martinique and Guadeloupe to combat banana weevil, exposing a significant proportion of the population and polluting the soil.

A study confirms that chlordecone, which disrupts the endocrine system, is responsible for a significant increase in the risk of prostate

cancer, the cause of half the cancers detected on the two islands.

The product was banned in mainland France in 1990 but special provision was made for its use to continue in the Antilles until 1993. It had been banned in the US since 1976.

Martinique and Guadeloupe must now cope with massive contamination of soil, river water and sediments by a substance that re-

mains toxic for centuries. "About 80,000 people live in areas where the soil is contaminated and 13,000 absorb more chlordecone than the reference dose per day, simply by eating their own vegetables. We must help local people learn how to live with a problem which is here to stay: the half-life of chlordecone in the ground – the time it takes half the quantity present to disappear – is 600 years," Dab says.

Protest to the Netherlands over three illegal flights into Venezuelan air space

CARACAS., Venezuela -- The Venezuelan government yesterday has launched a protest to the Dutch government for three illegal flights into Venezuelan air space.

A Foreign Ministry report stated that a Dutch military plane had invaded Venezuela air space three times between July 4 and July 7.

Dengue fever outbreak feared in Key West

US officials Tuesday that they fear an outbreak of dengue fever in Florida after a survey of Key West residents found that at least 5% had been infected or exposed to the virus.

With the exception of a handful of isolated cases along the Texas-Mexico border, there had previously been no cases in the United States since 1946 and no outbreak in Florida since 1934.

Dengue fever, which is characterized by a fever of 104 to 105 degrees, a widespread rash, headache, fatigue and muscle aches, is the most common disease caused by mosquito-transmitted viruses in the world. Each year, there are an

Venezuelan radar systems, spotted the flights, even though the aircraft in question tried to use stealth technology to hide its position and identity.

The government said it looks on the incident as a "provocation" and contrary to good neighborliness.

The Ministry called on the

Dutch government, which rules much of the Netherlands Antilles, to take the necessary steps to halt such acts of provocation as an "unavoidable condition for not affecting bilateral relations."

The report did not go into details about where the plane was flying from or what it was trying to do over Venezuelan territory. This is the first time a Dutch plane has been sighted and named.

The Netherlands' foreign minister is expected to arrive today on Curacao to address this matter.

estimated 500,000 to 1 million cases and about 25,000 deaths worldwide

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Art Rules Aruba kicks off this Friday, July 16!!!



If you haven't heard about Aruba's upcoming international Arts Project Art Rules Aruba, you have either been missing out on the newspapers or must have had your radio switched off. As by now Pancake Gallery Foundation founders Ira and Ayra Kip have been everywhere. From the Banners at the airport to the streets of Aruba, the Pancake Gallery has been preparing Aruba for what will be the Arts event of the year.

Turning Aruba upside down to realize Aruba's first international Arts program the Pancake Gallery introduces an intensive workshop program in 7 Art disciplines including Dance, Theater, Rap & Poetry, DJ-ing, Fashion, Photography & Design and Film. With 250 students between the age of 14 and 21 receiving the opportunity to learn from international professionals Aruba's teens will get the ultimate experience to advance their creative talents and skills.

Creating an immense buzz around the Island and abroad, when word got out about Art Rules, several organizations soon came to show their support. With lead supporters Unoca, Prins Bernard Cultuur Fonds and even Fonds voor Cultuur Participate from the Netherlands getting on board, the message is being sent out that Arts Education is a priority for Aruba's Youth!

This statement comes not only from government funded organizations, even the Hotel Industry got on board with support coming not only from AHATA but also directly from Aruba's leading hotels including Playa Linda, La Cabana and The Marriott. Pancake Gallery founders are proud to

say that "The goodwill of Aruba's local businesses have made a statement by supporting us and allowing us to realize a vision that is all about creating opportunities for the youth of the island".

The vision, which the Pancake Gallery elucidates, is an idea that the sisters have been playing with since they left the island 14 years ago. Moving on to pursue their studies in the Netherlands, New York and London, Ira and Ayra would soon launch their own production company to produce events, plays and International Arts Projects around the world.

The Pancake Gallery was born in 2007 and since then the ladies took the step into realizing Art Rules Aruba. After 1 year of intense writing and 6 months of research and putting it together, Ira and Ayra Kick Off Art Rules Aruba on July 16th 2010 at the Surfside Marina in Oranjestad. Introducing all the teachers and participants at a live press conference, sharing with public what happens when New York, London, Amsterdam, Quebec, Chicago, Rotterdam and Washington DC meets Aruba.

Experience this for yourself when all participants take the stage at Cas Di Cultura on July 31st 2010. Showing to the public what they have learned in the 2 week program, participant present an exclusive Theatrical Multimedia Art Exhibition and Performance.

Tickets for the Art Rules Aruba showcase can be purchased at Cas di Cultura, Unoca and Scol Di Arte. For more information you can also visit www.artrulesaruba.com

Presented by Johnny Walker Carla Schipper wins Week #3 of the Heritage Cup Tournament



Carla Schipper, one of the golf course's valued, regular golfers, won the Week #3 round of the Heritage Cup, presented by Johnny Walker, unfolding at Tierra del Sol, Golf Resort & Country Club.

"Aruba is known for two things," says Golf Pro Adam Williamson, "sunny skies, and gentle trade winds from the northeast. Well," he banters, "sunny skies was correct, but the gentle trade winds measured over 35 mph, making Tierra del Sol's golf course play similar to playing The Open at The Old Course of St. Andrews, which is taking place this week." "The tournament," he comments, "was not a game of performance Saturday, but a game of survival. One of which did so with a 1 point victory over the field."

At the end of the day, the winner, Carla Schipper, scored 35 stableford points, and made a tremendous leap over other players, putting her into 2nd place in the overall ranking. Second place Floyd Nedd with 34 points,



also made a good jump to 4th overall.

Third place Benno Oldenhof with 33 stableford points, landed in the top 10.

Who will stay within

reach of the Johnnie Walker Heritage Cup?

"We have a month to wonder, and a month to prepare," Williamson concludes.

Winner of Nearest to Hole #7 was Hunt Riley.

Nearest to Hole #17 was Harold Hagens.

The next round of the 2010 Heritage Cup presented by Johnny Walker and the Aruba Trading Company is on August 21st, at Tierra del Sol, and Williamson expressed great satisfaction over the proceedings so far, looking

forward to seeing what transpires in the upcoming legs of the race.

Pictured here the award ceremony at Rembrandt Cafe with Adam Williamson.

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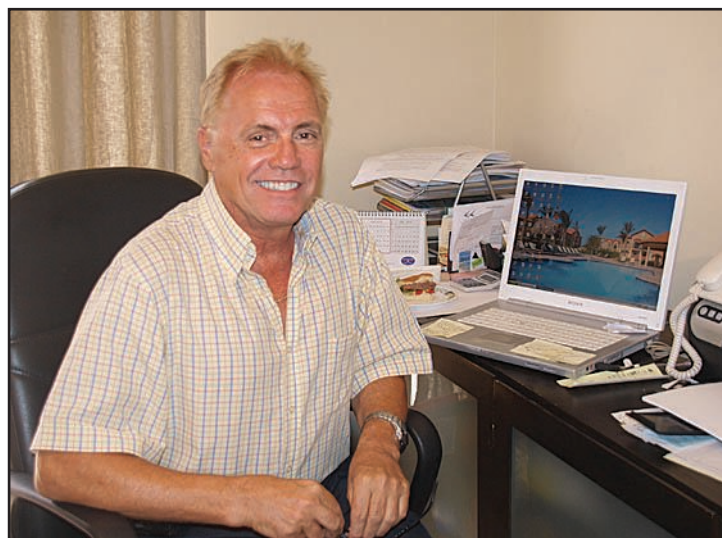
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A letter to the editor about Gold Coast Aruba



Main entrance of Gold Coast



Ed Malone

Good day,

My husband and I are very excited about having just made a down payment on the vacation home on Aruba we have always dreamed of, and we wanted to share our thoughts with others who may be considering taking this step. We selected a property at Gold Coast Aruba for many reasons, and are writing you because our interest came from an ad we saw in your paper.

We have visited Aruba on several occasions and have always been sorry to leave. We previously owned a second home at the Jersey Shore, and it gave us great enjoyment, but really only a few months of the year. For less, we can now count on wonderful weather in our vacation home at any time. This was a major attraction.

We were first attracted to the design of Gold Coast, the obvious pride the developers had in their project, and their understanding of all our concerns about owning a property far from home, which they took great pains to address.

It wasn't only the 24-hour security and the beautiful layout of the homes and community but also the expense and

effort the management was willing to take on to see that when we arrive on Aruba to occupy our new home, we can still retain the mind set of being on vacation. We can rest easy from all the typical worries of being a homeowner. We chatted with Ed Malone, who is in charge of owner's services and we remember from the Americana Resort. He is a very capable and knowledgeable manager. During our time with him we observed how dedicated he is to seeing to all the needs of his community.

We are looking forward to enjoying time on Aruba with our daughters and grandchildren; so we found the services that provide housekeepers and babysitters particularly appealing. Also, they pick up and drop off at the airport, shop for us so our cupboards and refrigerators will be stocked when we arrive, and even offered a chef to come and cook for us in our home! We were truly amazed at the range of services they offer, just as you would expect from a resort, and well beyond.

Of course, these are not the reasons to decide to purchase a home, but we were so im-

pressed with the physical aspects of Gold Coast already, the services were likely a deciding factor. We found their Manchbo model town house perfect for our needs, though we were very impressed with their villas and the style and informal elegance of décor offered by their interior decorator. I love the giant walk in closets in the master bedroom, they must have surely had a women's input when they added those!

Before making our final decision we spoke to some people we know on Aruba, mentioning that the kitchens at Gold Coast are done by Alno and the bathrooms by Banjolux, local vendors. They told us they are absolutely top-notch, considered two of the most exclusive quality vendors for these things on Aruba. We appreciate they are not mass produced, as well as the sturdy construction we observed in the rest of the homes. My husband noticed he could not hear us walking around while I was touring the bedrooms and he was sitting down in the living room.

We knew we wanted to purchase another home as a getaway and possible retirement residence for some time, but were dithering because we just couldn't decide if we really wanted to go back to the shore, and Gold Coast provided us with the perfect solution. We love Aruba, and the community offered us the peace of mind we needed to decide to purchase a home here. We just wanted others to know this option is now available and worth investigating.

Yours Truly,

Eve and Howard Rappaport
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CDC: Waterborne infections cost US over 500 million a year



WASHINGTON (AFP) — Three waterborne diseases account for hospitalizations that cost the US health care system around 539 million dollars a year, the Centers for Disease Control said yesterday.

The CDC said relatively small expenditures to improve water systems and keep swimming pools clean could dramatically reduce the incidence of the three diseases: Legionnaire's disease, cryptosporidiosis and giardiasis.

The average cost of treating one patient hospitalized with Legionnaire's disease was more than 34,000 dollars, the CDC said.

Hospitalization for an individual with cryptosporidiosis costs more than 21,000 dollars per case, while a case of giardiasis cost around 9,000 dollars.

The costs associated with treating each illness were gleaned from a database of health care claims submitted between 2004 and 2007.

"When people think about these diseases, they usually think of a simple case of diarrhea, which is a nuisance, but quickly goes away," said Michael Beach of the CDC,

an author of the study.

"However, these infections can cause severe illness that often results in hospital stays of more than a week, which can quickly drive up health care costs."

The illnesses produce symptoms ranging from rashes and eye and ear infections to serious respiratory and neurological problems that can prove fatal.

"Modest investments in preventing the diseases could lead to reduced disease and significant health care cost savings," the study said.

Beach recommended "public education campaigns, appropriate maintenance of building water systems, and regular inspection of pools and other recreational water facilities."

In a May news release, the CDC warned that a 2008 study conducted in 13 US states forced the closure of one in eight public pools for public health and safety code violations.

Of the 112,000 pools inspected, some 12.1 percent, or 13,500 facilities, were found to be in serious violation of health and safety codes and were immediately closed down.

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PG	THE LAS AIRBENDER			
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PG-13	GROWN UPS			
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	matinee: 12:00	2:30	late show: 11:45	
PG	KNIGHT & DAY			
	daily:	4:00	6:30	9:00
	matinee: 1:30		late show: 11:30	
PG	THE KARATE KID			
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PG	TOY STORY 3 3D			
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PG-13	THE TWILIGHT SAGA: ECLIPSE			
	daily:		9:00	
	matinee:		late show: 11:45	

DISPICABLE ME- Comedy/Fam: In a happy suburban neighborhood, sits a black house with a dead lawn. Unbeknownst to the neighbors, hidden beneath this home is a vast secret hideout. Surrounded by a small army of minions, we discover Gru planning the biggest heist in the history of the world. He is going to steal the moon, yes, the moon. Gru delights in all things wicked. Until the day he encounters the immense will of three little orphaned girls who look at him and see something that no one else has ever seen: a potential Dad.

Science/Tech

Scientists theorize why black athletes run fastest



Twenty-eight of the last 38 world record holders in the men's 100-meter dash have been black athletes, and researchers at two universities think they know why.

A new study by researchers at Howard University, a historically black school in Washington D.C., and Duke University in North Carolina suggests why black athletes may outperform athletes of other races in running events. Physical differences in the length of the limbs and the structure of the body mean the center of gravity tends to be higher in the bodies of black people, the researchers say.

Since 1968, the world record holders in the men's 100-meter dash have been black athletes. And since 1912, when the International Association of Athletics Federations started keeping track of the record holders in that event, only 10 non-black athletes out of 38 individuals have held the title.

"There is a whole body of evidence showing that there are distinct differences in body types among blacks and whites," said researcher Edward Jones, who researches adolescent obesity, nutrition and body composition at Howard University. "These are real patterns being described here. Whether the fastest sprinters are Jamaican, African or Canadian, most of them can be traced back generally to Western Africa."

Why center of gravity matters

Although there are also cultural factors at work, it all comes down to body makeup, Jones said.

"Blacks tend to have longer limbs with smaller circumferences, meaning that

their centers of gravity are higher compared to whites of the same height," said Adrian Bejan, Jones' co-author, an engineering professor at Duke University. "Asians and whites tend to have longer torsos, so their centers of gravity are lower."

"These differences are small, and we don't really see them when we look at someone," Bejan told Life's Little Mysteries. "We are only rarely struck by how long someone's legs are."

But these small differences certainly matter in races lasting less than 10 seconds, Bejan said.

The height of a person's center of gravity affects how fast his feet are moving when they hit the ground, Bejan said. Each step a runner takes is like falling except the athlete breaks the fall with his foot. So the feet of a person with a higher center of gravity will hit the ground faster

than someone with a lower center of gravity.

Torsos and legs

In the study, the scientists gathered data available from the militaries of 17 nations. Militaries measure their recruits for uniform fittings and are a reliable source of data, Bejan said. To approximate torso length, the scientists compared the average height of the military men with their sitting height - the distance from a chair to the top of the head.

Results showed the average sitting height of blacks was about 1.5 inches (3 cm) shorter than that of whites who were the same height. This means that, among blacks and whites of the same height, the legs of blacks were longer (think of a high-waisted person), while the torsos of whites were longer.

This physical difference gives a black athlete an advantage, even against an athlete of another race is who is taller and has a higher center of gravity, said Bejan. From a physics perspective, Bejan said, the legs do the work of running and the torso of the body is just extra weight that the legs must carry, so the race goes to the runners with longer legs and shorter torsos.

By contrast, whites tend to have the advantage in swimming, where a longer torso allows for faster speeds.

"Swimming actually generates a wave. The sport is the art of surfacing on that wave. When the wave is bigger - because the torso is longer - they go faster," Bejan said.

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HEALTH

Drinking water may help you lose weight



Study shows water accelerates the metabolism and encourages weight loss.

Losing a few pounds or simply keeping in shape is often not only a question of strict dieting and working out as often as we can find the time for it. A healthy attitude towards food, moderation and a few easy tricks that all of us can do also come extremely in handy in our never-ending struggle against the extra pounds. Drinking a glass of water before breakfast is one of those tricks, experts tell us.

The importance and many benefits water has on our body can truly never be

stressed enough.

Hydration is key both in terms of our health and the appearance of our skin, so we should all start drinking more water throughout the day. Yet it can also help us lose weight, a new study comes to show, by accelerating the metabolism and helping our body "wash" the fat away more easily.

The study included premenopausal overweight women who started drinking water before breakfast in increasing quantities. The more water they drank, the more their weight loss efforts were sustained, results have shown.

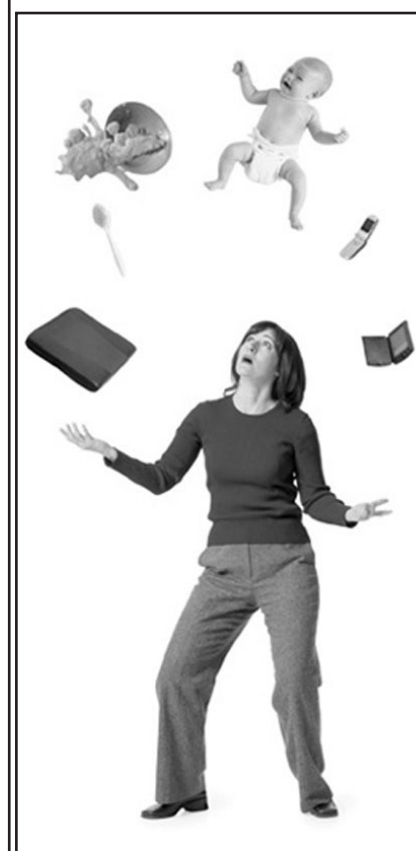
The conclusion can only

be one: a glass of water (approximately eight ounces) in the morning before breakfast, coffee or tea is just what the doctor recommends for excellent health and a slim figure.

"After sleeping for seven to eight hours your body needs water as well as food – being slightly dehydrated can actually slow down your metabolism. Before downing your latte, green tea, or juice, have a glass of water because [...] well-hydrated cells not only work better, but they help you flush out fat."

Nevertheless, if losing weight is not on our radar right now, water also has countless other benefits. For starters, it keeps the skin on the face well hydrated, thus protecting it from the winter cold and the harsh spring winds. Since the skin is made of 70% water, beauticians recommend about 8 glasses a day for a glowing, healthy and irresistible countenance, the kind no cream – no matter how expensive – can get.

Health Tip: Help Prevent Burnout



Managing all of your responsibilities at home and work can make it difficult to find some personal time.

The American Academy of Pediatrics suggests how busy parents can help prevent burnout:

* Sneak in a few minutes of quiet relaxation at work, even if it's just by closing the door and breathing deeply, or by going for a quick walk.

* Try to arrive home happy, energetic and feeling refreshed.

* Find ways to reduce your load, such as by getting a healthy takeout dinner a few nights a week, or by hiring someone to help you with household chores.

* Share some responsibilities among

all family members, such as by having everyone pitch in to clean up the house.

* Accept that you can't always accomplish everything at once. Set priorities for what's most important.

* Treat yourself to some relaxation time during the weekend, whether it's by reading a book in a quiet room, or by going to the gym alone.

Discover the Treasures Across the Bridge

Balashi
Pos Chiquito
Savaneta
Cura Cabai
San Nicolas



Entrance to the inner Bay of Spaan Lagoon



The ruins of the gold smelter next to the Spaans Lagoon (Spanish Lagoon) and the Franse Pas (Frenchman's Pas)



One of San Nicolas' main attractions, Charlie's Bar in the mainstreet



Mangel Halto in Savaneta



House on the reef (Savaneta)

Crossing the Balashi Bridge to San Nicolas, you will find the Spaans Lagoon (Spanish Lagoon).

The Spaans Lagoon is the only inner bay in Aruba, resulting from rising sea levels after the last ice age. Spaans Lagoon is connected with the sea, but it is partially separated by a low-lying bridge. Located off the mouth of the lagoon there are several island keys, which together with the Spaans Lagoon area form a large natural ecological system.

Spaans Lagoon is a reef-protected area. The beach is accessed through the mangrove trees in Mangel Halto, on the east side of the island. It boasts

shallow waters and fine white sand. It's also an excellent spot to have a picnic lunch.

It is one of three Blue Flag beaches developing on the island. There is a gentle sandy entry to the water that is great for children and adults. Beginning scuba divers will love it and the snorkeling is excellent. It is also a wonderful area for kayaking. The Spaans Lagoon area flows into the village of **Pos Chiquito**.

Savaneta is a fishing village in southeastern Aruba. Home to the oldest surviving home in Aruba, it is the oldest town on that island and former capital. It was where the Dutch first settled after they recap-

tured it in 1816. It is said that Savaneta name became during the Spanish colonization in 1840. Savaneta means Sabana chikito (small savannah).

Heading east to San Nicolas you will encounter **Cura Cabai** located along the west coast of the island.

Driving further you will find Aruba's second largest city, **San Nicolas**, with the majority of residents originally hailing from the British Caribbean. The development of the city is undeniably linked to the oil refinery, the presence of which often stands in sharp contrast to the modest houses of the area and the picturesque beach spots

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Paul the psychic octopus invited to Spanish fiesta



Picture provided by the Sea Life Aquarium shows Paul swimming next to a golden cup similar to the World Cup trophy.

MADRID, Spain (AFP) — A Spanish town which celebrates an annual Octopus Festival has requested that Paul, the "psychic" octopus who predicted Spain's World Cup win, be allowed to join them as a guest of honour this year.

The annual August festival focuses on squid specialties

and takes place in the small village of Carballino, near Orense in north-western Spain.

Carlos Montes, mayor of Carballino, said they hoped the eight-legged oracle would be allowed by aquarium staff in Oberhausen, Germany to travel to their festival on August 8.

Paul has already been rewarded with honorary citizenship of the town with several Galician businessmen collecting 30,000 euros to make an offer to buy the soccer soothsayer, according to press reports.

The mollusc medium shot to fame after correctly "tipping" all eight games he predicted - seven Germany games and the final itself.

And he has become a symbol of Spain's World Cup victory with Andres Iniesta, the scorer of the winning goal over the Netherlands in the final,



Andres Iniesta holds a mock version of Paul the oracle octopus.

carrying a plastic octopus as the team were acclaimed in Madrid on Monday.

Travelling to this region of Spain could however prove hazardous for Paul, as octopus is a delicacy, particularly in Galicia, where the speciality is boiled and served finely sliced with paprika, olive oil and boiled potatoes.

He could prefer to see out his retirement safely in Germany where aged two and a half years he is six months off the life expectancy of his species.

A mega-star is born -- and here's how



Birth of a star

PARIS, France (AFP) - Using powerful telescopes peering into deep space, astronomers have confirmed a key theory about the formative of massive stars, the journal Nature reported yesterday.

Images obtained by NASA's orbital Spitzer Space Telescope and from a ground-based European telescope showed a dusty disc closely encircling a newly-born but huge star.

It is the first direct evidence that very large stars -- those with masses at least 10 times that of the Sun -- are born in the same way as smaller brethren, from a disk-shaped

cloud of dust and gas.

A competing theory was that massive stars were formed from smaller stars that merged.

"This is the first time we could image the inner regions of the disc around a massive young star," said Stefan Kraus of the European Southern Observatory.

"Our observations show that formation works the same for all stars, regardless of mass."

The astronomers looked at a large star known as IRAS 13481-6124, about 20 times the mass of the Sun, located about 10,000 light years in the constellation of Centaurus.

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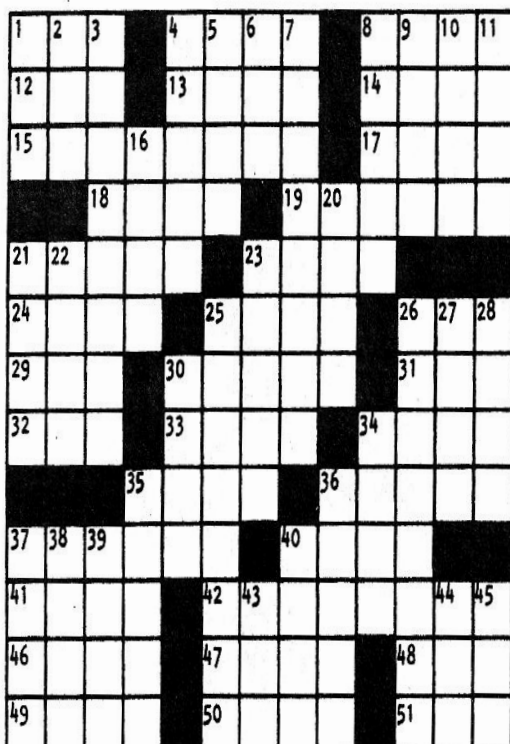
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ACROSS

1. Winner's trophy
4. Storage building
8. Stalk
12. Employ
13. Salary
14. Give a darn
15. Pieces of jewelry
17. Flirtatious look
18. Snake's tooth
19. Small room
21. Feel one's way
23. Snare
24. Dory propellers



25. ___ Marian
26. Water barrier
29. Chair part
30. Leisure activity
31. Compass point: abbr.
32. ___ Moines
33. Competent
34. Native of Edinburgh
35. Ascend
36. Glistened
37. Gobi, e.g.
40. Practice boxing
41. Brainstorm
42. Educated guess
46. Repair
47. Destroy
48. Also
49. Terminates
50. Withered
51. White-tailed eagle

DOWN

1. Billiard stick
2. Uncle Sam's monogram
3. Puts on a show
4. Hogs
5. Suspend
6. Omelet ingredient
7. Paint a verbal picture
8. Exclusive news story
9. Labels
10. ___ Stanley Gardner
11. Encounter
16. Tapping sounds
20. Gentlewoman
21. Prod
22. Unusual
23. Arthur's was round
25. Professional hoods
26. Embellish
27. Soon
28. Dole (out)
30. '60s rock musical
34. Imitation
35. Peruses
36. Backbone
37. Thin coin
38. Paradise
39. Mail
40. Agitate
43. Take to court
44. Craggy hill
45. Vast age

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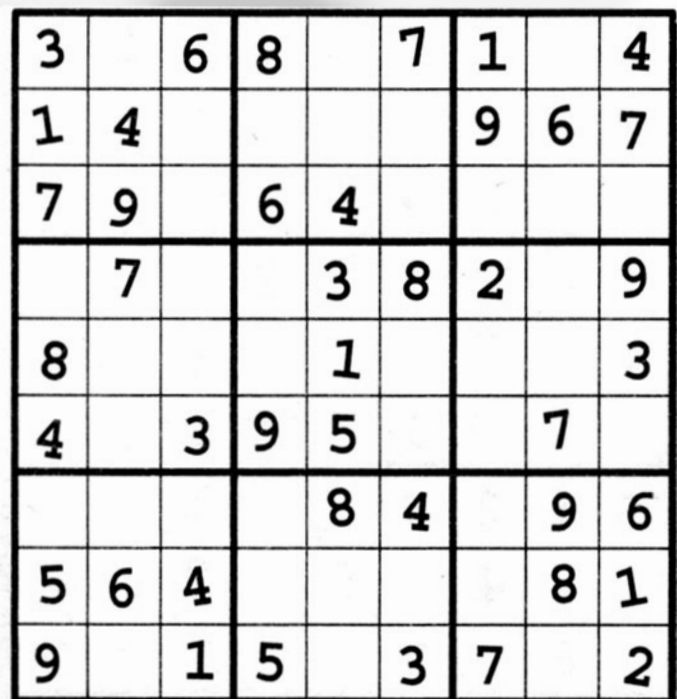
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1	8	5	6	7	2	4	9	3
9	6	3	7	8	1	5	2	4
8	4	9	2	5	6	1	7	3
5	3	7	9	1	8	6	2	4
6	1	2	8	4	7	5	3	9
5	8	1	7	9	2	6	4	3
4	9	6	5	2	7	8	3	1
7	2	1	4	6	8	9	5	3

Complete the grid so that every row and every column contains the numbers 1 through 9
 A number is Never repeated in a row or column.
 In addition every rectangle must contain the numbers 1 through 9

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AREA	ACROSS
FIND	STATUE
EASEL	TORE
SUFFERED	
LEE	
BEWILDER	
IRIS	TENDS
TINSEL	SEAT
ENDURE	TARO
SEND	STEP

US Fed says economic outlook worse than expected

WASHINGTON (AFP) - Facing a worse-than-expected outlook for US growth and unemployment, the Federal Reserve has floated the idea of new measures to spur economic recovery, according to minutes published yesterday.

Details from the Fed's latest rate-setting meeting, held in June, showed the central bank expected US growth to slow to 3.0-3.5 percent this year, well down from previous estimates.

Noting that the recovery continued at a "moderate

pace," members of the Federal Open Market Committee -- which sets interest rates -- said that a worsening outlook could prompt debate over further stimulus.

"The committee would need to consider whether further policy stimulus might become appropriate if the outlook were to worsen appreciably," the minutes said.

The Fed also raised its end-of-year unemployment forecast to 9.2-9.5 percent, predicting the troubled labor market would recover more slowly than expected.

Euro bounces back after weak US sales data

LONDON, England (AFP) - The euro bounced back yesterday as the dollar was hit by weaker-than-expected US retail sales figures which sparked fresh concerns about the strength of the US and global recovery, dealers said.

In late London trade, the euro was at 1.2763 dollars, off early lows around 1.27 and up from 1.2729 dollars in New York late Tuesday.

Against the Japanese currency, the dollar slipped to 88.55 yen from 88.63 yen on Tuesday.

US June retail sales fell 0.5 percent from May, much worse than analyst forecasts for a drop of 0.2 percent and dealers said the figures stoked fears that the economy could be slowing, undercutting the dol-

lar.

"June's retail sales data add to other evidence suggesting that the economy shifted into a lower gear at the end of the second quarter," said Paul Dales at Capital Economics.

"While another recession still seems unlikely, it is clear that only a year after it began, the economic recovery is fading," Dales added.

Todd Elmer at Citibank said the market will be looking at the Fed minutes release very closely for any "indication that US policymakers are considering the possibility of renewed easing of monetary policy."

Dealers said corporate results will also be examined carefully for what they might say about the outlook, with comments on future business

crucial.

US chip giant Intel gave investors a boost by reporting its best ever second quarter results on Tuesday and providing strong guidance, they noted.

In late trade in London yesterday, the euro was at 1.2763 dollars against 1.2729 dollars on Monday, at 113.02 yen (112.82), 0.8350 pounds (0.8383) and 1.3460 Swiss francs (1.3412).

The dollar stood at 88.55 yen (88.63) and 1.0547 Swiss francs (1.0536).

The pound was at 1.5284 dollars (1.5183).

On the London Bullion Market, the price of gold fell to 1,207 dollars an ounce from 1,216 dollars an ounce on Tuesday.

ECB: Euro emerged from 2009 crisis in good shape

FRANKFURT, Germany (AFP) - Europe's single currency made it through a year of financial turmoil in 2009 in good shape and is still the world's second biggest reserve currency, the European Central Bank said yesterday.

An annual ECB review of the currency's international role found "the euro remained firmly anchored in 2009 as the second most important international currency globally, after the US dollar" and ahead of the Japanese yen.

Although 2009 witnessed a major economic crisis and disruptions to financial markets, the study suggests "that any shifts in the international or global role of the euro as a direct consequence of the crisis cannot be detected."

The ECB estimated that around 20-25 percent of the

single currency circulated outside the 16-nation eurozone, primarily in neighbouring countries.

When measured at constant exchange rates, the amount of euros held in international bonds declined by 1.3 percentage points, however, and the volume of cross-border loans in euros was 1.6 percentage points lower, the data showed.

Meanwhile, the euro's share of cross border deposits and foreign exchange transactions "remained virtually unchanged," the ECB said.

The changes were "fully in line" with variations seen in the years prior to the global economic and financial crisis, it added.

Data compiled since 1999 suggest that the euro's international role grew during its first years of existence but has since

"remained relatively stable relative to that of other international currencies."

In 2009, the euro accounted for 27.3 percent of global foreign exchange reserves, the ECB said, up from 27 percent the previous year.

Citing its own data as well as that provided by the International Monetary Fund, the ECB said the dollar accounted for 62.2 percent of foreign exchange reserves, while the Japanese yen represented 3.0 percent.

This year, the single currency has fallen sharply in value against the dollar owing to concern sparked by excessive deficits and debt in many eurozone countries.

The euro traded yesterday at around 1.27 dollars, down from 1.43 dollars at the end of 2009.

US retail sales fall for second month

WASHINGTON (AFP) - US retail sales fell more than expected in June for a second straight month, the government said yesterday, underscoring concerns about slower growth in the world's largest economy.

Sales declined 0.5 percent from May to 360.2 billion dollars, pulled down by sharp declines in autos, gasoline and building materials, according to the Commerce Department.

Most economists had expected June sales to decline by 0.2 percent from a larger 1.1 percent fall the previous month.

Consumer spending is a key engine of growth for the world's largest economy recovering from a brutal recession that struck in December 2007.

Sales tumbled at vehicle dealerships and gasoline stations as well as stores selling sporting goods, furniture and building supplies, data showed.

In contrast, electronics and appliance and department stores reported strong sales growth.

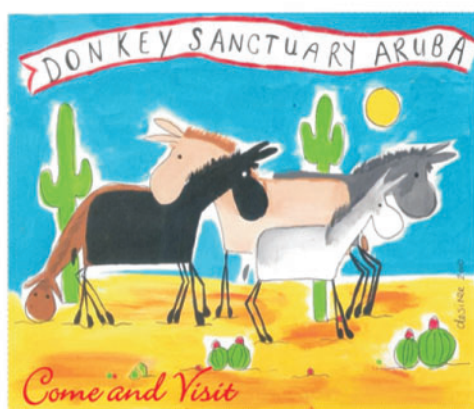
A series of recent government and private data signaled that US economic recovery since the middle of last year is slowing down amid high unemployment and the end of

various stimulus programs.

With the jobless rate at 9.5 percent and employment opportunities lackluster, analysts do not believe consumer spending will continue to be a key catalyst for growth after driving economic expansion in the first quarter of the year.

Consumers remain financially constrained. Unemployment is high and wage gains are small," said Scott Hoyt, senior director of consumer economics for Moody's Economy.com.

With confidence impacted, "consumers will not lead the recovery," he said.



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Sanyo launches first rice bread cooker



A woman displays the world's first cooker that can turn rice grains into bread

TOKYO, Japan (AFP) – Japan's consumer electronics maker Sanyo has launched the world's first cooker that can turn rice grains into bread -- an innovation that it hopes will be a hit across Asia.

The machine can mill a cup of rice grains into rice flour, then mixes it with water, gluten, yeast and other ingredients to bake a loaf of bread in four hours, Sanyo Electric said.

The machine is named "GOPAN" in Japan -- coined from "gohan," meaning cooked rice, and "pan," Spanish for bread. Sanyo will start exporting it to other Asian countries next year after its Japanese launch in October.

"We are eagerly working to

export this to other Asian countries, mainly China and Southeast Asia, which share the culture of growing rice," said company spokeswoman Liu Yingying.

The machine would retail between 50,000 and 60,000 yen (560-670 dollars).

Wheat-free bread is good for people allergic to the grain, Sanyo said, noting that the machine can also operate without using gluten, which is taken from wheat and

helps dough to rise.

Sanyo argued that another benefit would be that in Japan the cooker would increase rice consumption and change people's eating habits, helping increase the country's low food self-sufficiency ratio.

Japan, the world's second-largest economy, now produces only 40 percent of its food and buys almost all its wheat, corn and soy beans from overseas.

The country grows enough rice for domestic consumption, thanks to heavy trade protection, but annual consumption of the staple per person has halved since the 1960s as people's diets have diversified.

Linda's Pancakes and Pizza place, delicious meals for breakfast, lunch and dinner

Linda's Pancake and Pizza place, located at Palm Beach 6D, Noord (on the right side of Valero gas station) offers patrons the most delicious Dutch pancakes and pizza's with a Dutch twist.

Open from 8 a.m. to 10 p.m., and only five minutes away from the high-rise resorts, Linda's is the perfect eatery for the whole family.

Seeing the popularity of this quaint small eatery, THE MORNING NEWS decided it was time to find out just how good Linda's really is, by sending out a team of taste testers.

Olgita, joined by her two kids ordered a little of everything while the kids roamed around freely, enjoying the afternoon.

The meal started out with Linda's original plain -- to die for -- Dutch pancakes, followed by pizza, where instead of using mozzarella Linda has created a unique twist to the traditional Italian dish by using Dutch Gouda cheese. Adding a local favorite which could not stay off the table they also sampled the delicious saté (chicken, pork or beef on a wooden skewer) with peanut sauce (Indonesian influence on local food). For the finish the team (adults only) had one cup of Linda's delicious Espresso.

The team had this to say: "Superb! There are no words to describe just how delicious the pancakes are and the pizza is just mmm... good. The saté... out of this world!"

Besides the original plain pancake, Linda's specialty is pancakes with walnuts, Brie and honey; pancakes with banana and mango or a Dutch favorite: pancake with apple and bacon.

All their pizzas are made with Dutch Gouda cheese and different toppings making it richer in taste.

When it comes to saté, one has to say that the secret is in the sauce. Not everybody can make that perfect peanut sauce, but Linda, being an expert in the kitchen has cooked up one of the finest peanut sauces on the island, making this original Indonesian dish extra special.

If you want a specially prepared pancake or pizza, Linda is right there -- just for you -- in her kitchen.

"For those who are allergic to gluten I have a special pan-



Olgita, Ilhan and Iyanla enjoying a scrumptious meal



Plain Pancake



Linda's delicious pizza prepared with Gouda Cheese



The famous Saté

cake mix, gluten free," Linda stated to THE MORNING NEWS team.

Linda's Pancakes and Pizza also offers fried eggs and homemade soups.

"We also serve American coffee," Linda concluded.

With a complete menu, filled with delicious pancakes, pizzas and more, Linda's pancake and Pizza place is the perfect casual restaurant for all in the family.

For more information contact Linda's at 586-3378.

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New stars begin to shine in Bollywood

MUMBAI, India (AFP) – New stars are emerging in Bollywood, with fresh talent currently more popular with cinema audiences and studios than established names as the industry hunts for a successful formula.

Ranbir Kapoor and Imran Khan, both aged 27, have starred in two of the most successful films of 2010 -- "Raajneeti" (Politics) and "I Hate Luv Storys."

"Raajneeti" took 320 million rupees (6.8 million dollars) in its first week while "I Hate Luv Storys" took 790 million rupees, leading film critic and analyst Taran Adarsh said on www.bollywoodhungama.com.

Meanwhile, names such as Hrithik Roshan, 36, Abhishek Bachchan, 34, and his 67-year-old father, Amitabh, have suffered a slump, as studios count losses running to an estimated five billion rupees since the start of the year.

Roshan's "Kites" failed to live up to its pre-release hype while Abhishek's "Raavan," which saw the entire Bachchan clan turn out for the world premiere in London, including his wife and co-star Aishwarya Rai, also fell flat.

Even megastar Amitabh's underworld thriller "Teen Patti" (Three Cards), made little impact, despite an appearance by British veteran and "Gandhi" star Ben Kingsley, while the drama "Rann" (Battlefield) also failed to make waves.

Amitabh, or "The Big B", last week even admitted he had no current film offers, which had prompted him to return to television as the host of the Indian version of the popular



Indian actor Imran Khan

quiz show "Who Wants To Be A Millionaire?"

Advertisers have taken note of the apparent shift in Bollywood's demographics, which reflects a broader trend in the population. About a third of India's nearly 1.2 billion people are under 15.

Kapoor -- star of last year's "Ajab Prem Ki Ghazab Kahani" (An Amazing Story of Strange Love) and "Wake Up Sid" -- has been signed up as the face of Coca-Cola in India -- a lucrative emerging market.

Leading studio Yash Raj Films has launched a new division to promote young directing, acting and scriptwriting talent.

Until recently, Bollywood relied on a handful of big name stars for box office success.

But that has been proven to be no guarantee, particularly when actors such as Shah Rukh Khan and Aamir Khan have cut back their filming schedules, concentrating on one big film a year or projects through production companies.

Swiss adopt cows for the summer

LA LECHERETTE, Switzerland (AFP) – Most Swiss head to the beaches for their vacations, but others are opting for a rustic holiday in the mountains where they are spending time with their adopted cows over the summer.

Launched five years ago by herder Michel Izoz, a cow adoption project called Mavachamoi -- word play in French for "my cow" -- is proving popular among urban dwellers in Switzerland.

Among the 20 cows available for rent at his farm in La Lecherette in the canton Vaud, only Ilda, Rosette, Tola, Ursula, Usine and Quenele are still available. All the others have been booked for the summer.

Izoz noted that some cows are more popular than others, especially those with horns as they "appear more authentic."

Clients go online to the website www.mavachamoi.ch for a catalogue showcasing the cows on post-card perfect meadows. For 280 euros (350 dollars), they can reserve a cow for a season, during which they can visit the animal as often as they wish.

Most reservations are made as gifts, Izoz said, pointing out that the project offers a chance for city dwellers to compare "the stressed out world of the cities and the hard lives in the mountains."

Izoz told AFP that he had started the project mainly to "show people that farming life is really different from what we imagine."

To put forward his point, Izoz requires clients to spend at least four hours working at

the farm, during which they are to round up the herd, cut wood, participate in the treatment or making of cheese prepared in wood fire in the large copper vats.

"Often, it makes my son laugh" to see the city people doing the farm-work that requires some dexterity, said Esther Ginier, another farmer who offers 16 cows for rent at her farm in La Comballaz.

Most end up being surprised by how hard life can be in the idyllic mountain pastures through which they hike during the weekends, said Katherine Bolay, a retiree participating in the project with her husband.

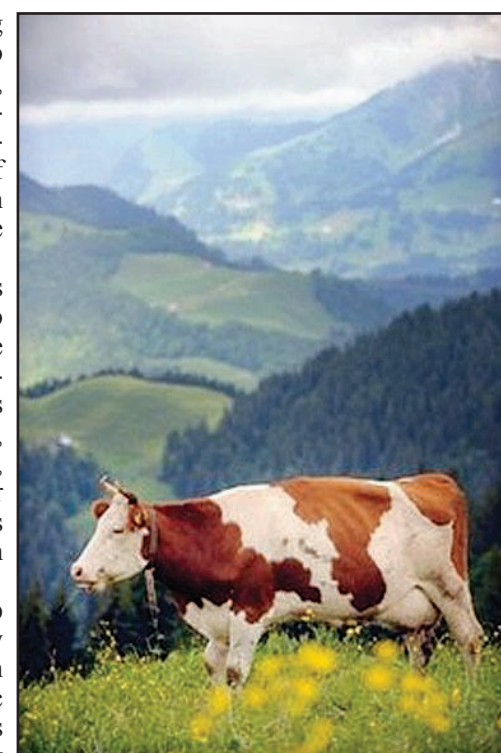
"They discover that the mountain pastures is seven days a week, we do not get Sundays off and we have little vacation," Ginier pointed out.

"We are most stressed by the weather, we live with nature, and its rules," said the Vaudoise farmer at her 17th-century farmhouse, decorated with flowers and antique bells.

The adoption also offers other surprises.

"The children discover in Switzerland, the country of cows, that milk does not come from packets. Straight from the udder, it's smooth, it's warm, it's sweet," said Bolay.

Parents meanwhile also manage to revisit their child-



hood memories. They also often leave with farm products, said her husband Jacques Bolay.

They realise that "the cows are not that dumb and that like people, they have their own character, with a dominant one, a curious one, a greedy one... and even nasty ones which charge at us," he said.

Claude Kobler has adopted Sirene since 2007.

For him, it is about making a contribution to the alpine herders.

But what makes the IT consultant of a Geneva bank happy is the contact with the different world.

His Fribourgeois speckled cow appears, too, to enjoy the patronage, "as it produces more and more milk."

Anne Frank's biography published as graphic novel

A graphic novel version of Anne Frank's biography was released in the Netherlands.

The 160-page book, launched last Friday, uses text and illustrations to tell Anne's story and make connections between her life and historical events during the period.

According to Anne Frank House Museum spokeswoman Annemarie Bekker, the Amsterdam museum wants to use the book to make Anne's story more available to teenagers from age 14.

"Not everyone has read Anne Frank's diary," she said. "The mission of the museum is to make the life story of Anne Frank accessible to as large an audience as possible, especially

the younger generations."

Bekker said the museum plans to include the book in classroom teaching materials. Two previously published fictional comic books were successful in schools in the Netherlands.

Anne Frank's family was forced into hiding by the Nazis when she was 13. She wrote her diary during the two years they spent in a concealed apartment, until they were arrested. She and her sister eventually were sent to Bergen-Belsen in Germany, where they both died. A trusted friend salvaged the diary and gave it to Anne's



father, Otto, the only surviving member of the family.

Paulinho pips Kiryienka for RadioShack's first Tour win



Portugal's Sergio Paulinho of the Radioshack team celebrates as he crosses the finish line

GAP (AFP) - Portugal's Sergio Paulinho offered the ailing RadioShack team their first ever Tour de France success when he pipped Belarusian Vasil Kiryienka to victory on the 10th stage Wednesday.

Paulinho was one of several riders who got into an early breakaway and which built a maximum lead of 12 minutes on the peloton as they finally raced out of the high Alps.

The group was reduced after Belgian Mario Aerts raced away as the road rose briefly with around 25km to go, although the Omega Pharma rider's move ultimately left Paulinho and Kiryienka in front on their own.

Despite struggling to shake Kiryienka on the final

descent towards the finish, the Portuguese timed his sprint to perfection inside the final 300 metres to beat the Caisse d'Epargne rider by only centimetres.

"I've been dreaming of this since I was a little child," said Paulinho, who despite having only six career wins finished a remarkable second place behind Italian Paolo Bettini at the Athens Olympic road race in 2004.

"I haven't seen my teammates yet but I'm sure we're going to celebrate this win because it's the first for us on the race."

The remnants of the earlier breakaway finished 1min 29sec later, with the main peloton, including all the race favourites and Luxembourg's race leader Andy Schleck, coming over the finish line

over 14 minutes later.

Saxo Bank leader Schleck, the runner-up in 2009, retained his 41sec lead on Astana's reigning champion Alberto Contador with his fellow Spaniard, Samuel Sanchez, in third at 2:45.

Schleck said he'd expected French riders to join the breakaway in the hope of celebrating the stage win on the national holiday of Bastille Day.

Although that did not happen, the 24-year-old was happy to spend the day riding with relative ease among his team behind a breakaway which contained no potential threats to his yellow jersey.

"It was very, very hot and I think most of the guys are still feeling the effects of yesterday's stage," said Schleck, who took the race lead from Cadel Evans on Wednesday when the Australian struggled on the Madeleine climb.

RadioShack suffered several setbacks in the first week when Armstrong crashed several times and lost precious time to rivals due to a puncture on stage three.

Prior to this stage Paulinho's biggest victory was the 10th stage he won at the Tour of Spain in 2006.

And he said it pipped his Olympic silver medal in the value stakes.

"It's more important to win a stage in the Tour de France than a silver medal at the Olympics -- it's the biggest race in the world and I think any rider would agree," he added.

Thursday's 11th stage is a 184.5km ride from Sisteron to Bourg-les-Valence which should see the return of a bunch sprint.

Dallas acquire Chandler in five-player swap

CHARLOTTE (AFP) - The Charlotte Bobcats completed 24 hours of trade talks with a deal on Tuesday that sends Tyson Chandler to the Dallas Mavericks as part of a five-player swap.

After a potential trade with Toronto fell apart, Charlotte is shipping Chandler

and fellow center Alexis Ajinca to Dallas for center Erick Dampier, forward Eduardo Najera, shooting guard Matt Carroll and cash considerations.

While the Bobcats get financial flexibility with Dampier's non-guaranteed 13 million-dollar contract, the

injury-plagued Chandler is off to this third NBA team in a year.

He was acquired from New Orleans last summer.

"We could not be more excited to add Tyson Chandler," said Mavericks general manager Donnie Nelson. "He is one of the most versatile big men in the league today."

"He gives our front line a defensive, shot-blocking, athletic punch we haven't had here in awhile."

Bobcats general manager Rod Higgins said the Bobcats will either waive Dampier or make another trade with him.

Carroll is a jump-shooter Charlotte traded to Dallas just 19 months ago.

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T-Wolves send Jefferson to Jazz



MINNEAPOLIS (AFP) - The Minnesota Timberwolves have agreed to send power forward Al Jefferson to the Utah Jazz for center Kosta Koufos and two future NBA first-round draft picks, both teams said Tuesday.

Timberwolves president David Kahn said the first-round picks and the added flexibility under the salary cap made the trade make sense.

Jefferson averaged 17.1 points and 9.3 rebounds last season, his first campaign after major knee injury in February 2009.

In Utah he will help fill

the void left from Carlos Boozer's departure to Chicago.

Jefferson came to Minnesota in 2007 as the key figure in the blockbuster deal that sent Kevin Garnett to Boston. He averaged 23.1 points and 11 rebounds in the 50 games before he was injured in 2009.

For Minnesota, Jefferson became expendable because his low-post game, while effective offensively, doesn't mesh well with the speedier style coach Kurt Rambis hopes to cultivate.

"With Kevin Love and Michael Beasley on the team, there wouldn't have been enough playing time for everybody to showcase Al," Timberwolves president David Kahn.

He should fit right in in Utah.

"We are happy to acquire a young power player who has developed into one of the best low-post scorers in the league," Jazz GM Kevin O'Connor said. "We gave up significant assets to obtain Al and we look forward to watching him progress with our team."

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Thongchai has taste for Open success



ST. ANDREWS (AFP) - Thai star Thongchai Jaidee hopes a constant supply of Thai food will spice up his golf game at the British Open which starts today.

The 40-year-old, Asian Tour number one is certainly not feeling homesick or desperate for Thai food despite being on the road for the past two months.

Over the years he has made friends around the world and this week, he is staying with the owner of a Thai restaurant in St Andrews.

His wife Namfon has travelled from Bangkok to the Home of Golf to cook for him while caddie, Surawut Wannapintu is also quite handy with Thai culinary, apart from picking out the right yardages.

"I am very lucky to have friends all over Europe and the United States. They will cook Thai food for me or take me out to Thai restaurants. Also, my caddie cooks sometimes. But the Open this week is special as my wife is here and she'll cook for me,"

said Thongchai.

Food aside, Thongchai summoned his coach Peter Wolfenstetter for the year's third major, which is celebrating its 150th anniversary, to have a quick fix of his game, especially his putting.

"Peter is trying to adjust something in my swing and putting stroke. Working with him over the last few days, I'm starting to get a good feeling again," said Thongchai.

The Thai veteran has also been hunting for the right putter to tackle the Old Course.

"On slower greens, I need to look for a heavier putter. I've been trying different ones this week. We have tried to change something. Last week was tough (at Loch Lomond) as I missed a few putts and you start to lose confidence.

Garcia can play in Spanish football shirt, says R&A

ST. ANDREWS (AFP) - If Sergio Garcia wants to wear a football jersey in the British Open to celebrate Spain's World Cup triumph, that's all

Frightful weather sets up brutal start for Open

ST. ANDREWS (AFP) - Windy, wet and cold weather battered the birthplace of golf on the eve of the British Open, setting the stage for a difficult start Thursday to the 150th anniversary event.

Gusting breezes near 30 mph, heavy rain showers and a chill in the air served notice to champions and challengers alike that Mother Nature is always a major contender, never moreso than at the Old Course's legendary links.

"It will be interesting," world number one Tiger Woods said. "I know the weather is not supposed to be very good coming in for this week, so all the players are going to have to make some adjustments.

"On a calm day, you feel like you can shoot 65 every round. You get a windy day, the leader might be 80. It's just amazing what wind can do."

Nasty weather wiped out Wednesday's planned Champions Challenge, a four-hole team event that was to have featured 26 past British Open winners over the first, second, 17th and 18th holes in honor of the Open's 150th anniversary.

right with Royal and Ancient Golf Club chief executive Peter Dawson.

Garcia wore a Spanish jersey during a practice round at the famed Old Course ahead of Thursday's start.

"It would be churlish to object, wouldn't it, given their great win," Dawson said. "I have personally no objections to it whatsoever."

That would presumably open the door for kilts and all should Scotland ever claim a World Cup crown.

"I would hate to think what you would all be wearing if Scotland had won the World Cup," Dawson said.

Henry signs for New York Red Bulls



Thierry Henry

NEW YORK (AFP) - French football star Thierry Henry has signed for New York Red Bulls on a long-term deal, the US club announced on Wednesday.

The 32-year-old striker is expected to make his debut for the Red Bulls in a home friendly on July 22 against English Premier League club Tottenham Hotspur.

"It is without question that Thierry Henry is one of the most successful and recognisable soccer players over the past 15 years," said Dietmar Beiersdorfer, head of Red Bull global soccer.

"We are thrilled that Thierry has decided to come to New York to help the Red Bulls compete for championships this year and for years to come. His international pedigree is second to none and he is a proven winner."

Henry, who signed the "multi-year" contract after leaving Spanish champions Barcelona, added: "This marks an exciting new chapter in my career and life. It is an honour to play for the New York Red Bulls.

"I am fully aware of the team's history and my sole goal during my time here is to help win the club its first championship.

"Knowing Red Bull's significant commitment to soccer locally and internationally, I am confident that my team-

mates and I will succeed."

Henry, a World Cup winner with France in 1998 and European champion in 2000, joined Barcelona in 2007 from Premier League club Arsenal, where he had established himself as one of the top strikers in the world.

But he lost his first-team place with Barca last season, scoring just three goals in 20 matches.

He also played only a cameo role in his country's disastrous World Cup campaign in South Africa, where they failed to get past the group stages amid bitter infighting.

Henry, who previously also played club football for Juventus and Monaco, has scored a national-record 51 goals and earned 123 caps for his country.

"Thierry is not only a world class player who will undoubtedly improve our squad, but he has shown most importantly throughout his career that he is a winner," said Red Bulls sporting director Erik Soler.

"He has made it clear to us that he is committed in the short and long term to help in our vision of making our organisation the premium franchise in Major League Soccer."

Henry's trophy cabinet boasts medals from six competitions won with Barca -- the Champions League, La Liga (twice), the King's Cup, Spanish Supercup, UEFA Supercup and the FIFA Club World Cup.

The French marksman was the top scorer in the English top flight a record four times (2002, 2004-06) and helped his club win the Premier League in 2002 and 2004.

He also helped lead his team to three English FA Cups and he won the European Golden Boot in 2004 and 2005.

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McCann drives in three runs as NL wins All-Star game



National League All-Star Brian McCann #16 of the Atlanta Braves poses with the MVP trophy after the 81st MLB All-Star Game at Angel Stadium of Anaheim. The National League defeated the American League 3-1 for their first win in the All-Star Game since 1996.



National League celebrates after their win

ANAHEIM (AFP) - The National League won Major League Baseball's All-Star game on Tuesday, beating the American League 3-1 for their first win in the Midsummer Classic since 1996.

Brian McCann's double in the seventh inning scored three runs that accounted for all of the NL scoring, and all they needed for the victory.

"You dream of moments like this as a kid. It was amazing," said Atlanta catcher Mc-

Cann, a five-time All-Star.

He hadn't made much of a splash in his previous appearances, in which he was 0-for-3 at the plate.

"You're facing quality guys," he said. "I wasn't even thinking about that at all."

The victory gives the National League champions home-field advantage in this year's World Series.

"It's a big deal. I think home teams play better at home," said NL manager

Charlie Manuel, whose Phillies have reached the last two World Series and won in 2008.

"It feels good, it feels real good. I talked to our guys before the game and told them how important home-field advantage was."

In a season of dominant pitching, starters Ubaldo Jimenez and David Price set the tone pitching two scoreless innings apiece.

They were aided by the awkward shadows at Angel Stadium at the twilight start of the contest, which accounted for several awkward swings and misses.

The American League challenged in the bottom of the ninth, with a leadoff single by David Ortiz.

But NL closer Jonathan Broxton clinched the victory, with the help of a key defensive play by right fielder Marlon Byrd.

Ortiz was on first with one out when John Buck hit a fly that Byrd scooped up after one bounce and threw to second for to forceout the less than speedy Ortiz.

Ian Kinsler then flied out and the NL celebrated.

"It felt awesome for us to get the win and break the streak," Broxton said.

Added St. Louis pitcher Adam Wainwright: "Enough was enough."

McCann, 26, became the second Braves player to win the All-Star Most Valuable Player trophy, joining Fred McGriff, who got it in 1994.

His bases-clearing hit erased a 1-0 AL lead.

That came from Robinson Cano's sacrifice fly in the fifth inning.

Cano and his fellow Yankees All-Stars wore black armbands to mark the death earlier Tuesday of iconic New York Yankees owner George Steinbrenner.

Steinbrenner died of an apparent heart attack at the age of 80 in Tampa, Florida.

Pictures of Steinbrenner were shown on two big video screens before a pregame moment of silence, and flags were hung at half-mast.

"It's a difficult time, on a great day for baseball, the All-Star game, something everyone looks to," Yankees and American League manager Joe Girardi said. "A great man in baseball passed. He's meant so much to not only this organization, but to the game of baseball, and to all of us personally."

During their 14-year All-Star drought the NL had several close calls. They lost the last two editions 4-3.

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Armstrong won't cooperate in 'witch hunt'

GAP (AFP) - Lance Armstrong said Wednesday he was prepared to cooperate in a federal investigation into alleged doping fraud by his former team US Postal -- as long as it does not become a "witch hunt".

Cancer survivor and seven-time Tour de France champion Armstrong's participation on the 2010 edition has been hampered by a series of damning doping allegations levelled by former teammate Floyd Landis.

Landis was stripped of his yellow jersey in 2006 after testing positive for testosterone and spent millions of dollars, and four years, trying to clear his name before confessing to doping two months ago.

Along with his confessions, however, were claims that Armstrong and several other riders in US Postal were involved in systematic doping

practices -- allegations which Armstrong has denied.

On Tuesday the New York Times reported that US authorities have issued grand jury subpoenas to potential witnesses in the probe.

According to the Times report, the subpoenas demonstrate how seriously authorities are taking allegations made by Landis.

When asked to react to the report, Armstrong said: "Like I said, as long as we have a legitimate and credible and fair investigation, we'll be happy to cooperate, but I'm not going to participate in any kind of witch hunt."

"I've done too many good things for too many people."

Accusations of doping have followed Armstrong throughout his career, although the American has never tested positive.



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